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Hydro One re-hires infamous employee

CONTROVERSY

Fan defended vulgar taunt after TFC game

Luke Simcoe
Metro | Toronto

Shawn Simoes has his job back at Hydro One, largely because he is very, very sorry for his actions last May at BMO field, his lawyer said.

Simoes was fired from his job as a network management engineer after he was caught on camera defending a man who shouted sexually explicit comments — abbreviated as "FHRITP" — at Citytv reporter Shauna Hunt outside a Toronto FC game.

The provincial power provider announced Monday that Simoes had been re-hired following arbitration.

Simoes was remorseful after the incident, accepted responsibility and apologized to Citytv reporter Shauna Hunt along with Hydro One, lawyer Tracey Henry said. He also made a donation to the White Ribbon Campaign and attended sensitivity training "at his own expense."

"That was the deciding factor," said Henry, who represented Simoes on behalf of the Society of Energy Professionals union. "The rehabilitative efforts made by Mr. Simoes were the reason he was reinstated."

Henry also said the union received numerous emails of support from Simoes co-workers, both male and female. Henry added the public nature of the case has been hard on Simoes.

"He was shamed in the media. His former university made negative comments about him and he was getting a lot of hate mail."

At the time, Hydro One said Simoes' actions violated the company's code of conduct.

"Hydro One made its views very clear," a spokesperson said, declining further comment.

Toronto labour lawyer Howard Levitt said the case "muddies the waters" around what behaviour employees can expect to get away with in their off time.

"So what are the standards now? What are people going to get fired for if they do it off–duty?" he said.

WITH FILES FROM TORSTAR NEWS SERVICE

Shawn Simoes is sorry, says his lawyer. CITYNEWS

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Your essential daily news

Cartoonists get a new face to draw. **Canada**

Christian concerts not hip for Square

YONGE-DUNDAS

Proselytizing not allowed at venue, board says

Jessica Smith Cross
Metro | Toronto

David Lynn on stage during the 2013 Voices of the Nations concert at Yonge-Dundas. YOUTUBE

Christian organization Voices of the Nations has been banned from performing at Yonge-Dundas Square because the city-sponsored board that manages the square prohibits proselytizing.

Voices of the Nations has been organizing concerts at the square since 2006 but has been denied a permit for its planned 2016 show. An online petition deeming the decision an "outrage" began circulating on Friday. It has nearly 20,000 signatures.

David Lynn, of Christ's Forgiveness Ministries, who has been involved with Voices of the Nations' previous concerts, said many Christians are angered.

"This is the constant pressure that many Christians feel, that they can't be themselves in a public square, or else they'll just be banished," he said.

Lynn is known for preaching at Yonge and Dundas. In 2014, he was charged with busking without a licence after preaching during Pride that people living homosexual lifestyles will go to hell. The charge was later dropped.

Some videos of past Voices of the Nations concerts appear to include proselytizing by Lynn himself.

He gave a speech, or sermon, at the 2013 concert asking the crowd to dedicate their lives to Jesus and come to his ministry.

Lynn released audio on his YouTube channel of a conversation Voices of the Nations organizers had with a Yonge-Dundas Square manager.

"It doesn't matter if it's speaking on singing," the manager says in the recording. "Either way, if you're praising Jesus or praising the lord, and there's no God like Jehovah, that type of thing, that's proselytizing."

Coun. Kristyn Wong-Tam, who is on the square's board, would not confirm exactly what the group did that was considered "proselytizing," but said it had happened repeatedly and the group had been warned more than once.

The policy against proselytizing is in place to make sure that all people, regardless of their faith, feel welcome, she said.

SOCIAL SPENDING

Track anti-poverty results: Activists

As Toronto city council debates the merits of moving forward with a 20-year plan to tackle poverty this week, community activists are calling for a broader balance sheet to measure progress.

"In an era of scarce government resources, it's crucial to have a sense of the long-term impact of social spending," said Michael Polanyi, a community worker with the Children's Aid Society of Toronto.

> **"This down payment saves dollars upstream."**
> Dep. Mayor Pam McConnell

Other cities such as Calgary and Edmonton are beginning to look at the economic benefits of poverty reduction measures and it is time Toronto used a similar lens, said Sean Meagher, head of Social Planning Toronto.

"We count in all kinds of offsets when we invest in capital, but we don't count them when we make social investments, even though there is very strong evidence available to do so," he said.

Although the city may not be in a position to do this kind of accounting now, groups like Social Planning Toronto, the Canadian Centre for Policy Alternatives and social policy experts such as John Stapleton are willing and able to help, Meagher said.

Studies have shown that for every $1 spent on affordable child care, governments receive more than $2 in increased taxes from mothers' employment income.

In 2008, just before Queen's Park released its first poverty reduction strategy, the Association of Ontario Food Banks released a report that pegged the cost of poverty in the province at about $38 billion a year.

"It would be interesting to look at the cost of poverty in Toronto," said Stapleton. "It would help to put the spending (related to poverty reduction) into some context." TORSTAR NEWS SERVICE

IN BRIEF

Police think man fell before being run over by truck

Police say a cyclist who died Thursday on Steeles Avenue fell off his bike before being run over by the rear wheels of a transport truck. It's possible the truck driver didn't even know the cyclist had been hit, Peel police said.

Video footage from a nearby commercial area helped police identify two trucks that were in the area at the time. Investigators are asking that the drivers come forward.

The accident happened at about 5:50 a.m. west of Albion Road, killing Hardeep Singh Pahra, 30. BRAMPTON GUARDIAN

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Santiago Holguin, a full-time driver for Second Harvest for the last three years, unpacks produce collected around the city at the company's warehouse in North York. LIZ BEDDALL/METRO

Food waste must end: Layton

AGRICULTURE

Councillor says tax break will help curb high turnover

Luke Simcoe
Metro | Toronto

The city is looking for a way to ensure more food ends up on the dinner table as opposed to in the landfill.

Businesses ranging from restaurants to grocers to manufacturers should get a federal tax break for turning over what they can't use to food rescue organizations, said Coun. Mike Layton.

He's asking council to throw its support behind the proposal.

"We're losing food throughout the production chain," Layton said. "Whether it's a slightly irregular peach that doesn't make it to market or stuff that doesn't get sold on the manufacturing side and ends up getting wasted."

> **Anything that incents rather than forces donors to donate their surplus food has been beneficial.**
> Tonia Krauser

Toronto-based Second Harvest — Canada's largest food rescue organization — saved 8.2 million pounds of usable food from being thrown into the trash last year. The organization sends the food along to more than 200 local groups, from shelters to food banks, and accounts for 22,000 meals every day.

"We're woven into the fabric of the city," said Second Harvest's communications director, Tonia Krauser. "About 100 social service agencies in the city rely solely on Second Harvest food or they wouldn't be able to run their programs."

Despite the amount saved, nearly 19 million pounds of food are still being wasted every year in Toronto, Krauser said.

Layton's effort is based on a report by the National Zero Waste council, whose policies have already been adopted in cities across Canada, including Halifax and Burnaby, B.C., he said.

Krauser said a similar provincial policy, which provides a tax credit to farmers who donate food, has been effective.

27 million

It's estimated that the annual surplus of fresh food available for rescue in the Greater Toronto Area amounts to approximately 27 million pounds. SECOND HARVEST

"Anything that incents rather than forces donors to donate their surplus food has been beneficial," she said.

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TTC and city bump heads over parking on King St.

TRANSPORTATION

Adding spaces to city's third busiest transit line debated

Chris Bateman
For Metro | Toronto

The city's plan to add street parking to a portion of King Street East has the TTC worried. Spokesman Chris Upfold says it's a mistake due the volume of commuters. LIZ BEDDALL/METRO

A plan to add street parking to a portion of King Street East is pitting the TTC's interests against those of the city's Transportation Services department.

City staff is recommending council endorse nine new spots between St. Lawrence Street and River Street that would operate mostly during the day, even though the TTC has expressed concerns about the idea.

"It's only in the off-peak, but during that period we're carrying about 8,800 people through that area on King Street," said TTC spokesman Chris Upfold.

"It's our third busiest transit line in the city, busier than two subway lines. From our perspective, it's a mistake to add parking to a street that carries those kind of loads," he said.

To manage the huge demand on the 504 King streetcar, the TTC supplements the service with 21 buses during the morning rush hour and 18 in the afternoon.

If approved, the parking spots would be available during the week from 9 a.m. to 6 p.m. on the north side of King and from 8 a.m. to 4 p.m. on the south side at a rate of $1.50 per hour, up to a maximum of three hours.

Local councillor Pam McConnell, who supports the new spaces, said new residential buildings have increased demand for parking in the area.

Kyp Perikleous, the city's director of Transportation Services, said the new spaces will bring the block in line with what's available further west on King.

"When you have one block that doesn't have parking and the very next block does, the parked vehicles already provide that encumbrance further downstream," he said.

TRAFFIC LAWS

Police launch blitz for pedestrian safety

Luke Simcoe
Metro | Toronto

Toronto police have launched a safety blitz in the wake of a particularly dangerous week for pedestrians.

Running through Nov. 8, the blitz will focus on drivers, cyclists and pedestrians, alike, found disobeying rules in areas including crosswalks and school zones.

At least 17 pedestrians were injured last Wednesday during a severe rainstorm. The latest numbers show 30 pedestrians have been killed on Toronto streets this year, putting the city on pace to match or exceed the 40 who died in 2013, the worst year for pedestrian fatalities in a decade.

Pedestrian fatalities and injuries in Toronto tend to spike at the end of the year, when the amount of daylight is reduced. November is traditionally the worst month, police said.

NORTHEASTERN UNIVERSITY

Boston-based research centre gets city welcome

Jessica Smith Cross
Metro | Toronto

Northeastern University is coming to Toronto next year.

The Boston-based research university has been trying to get approval from the provincial government since late 2013 to open an accredited campus in the city. Northeastern's other satellite campuses are in the U.S. cities of Charlotte, Seattle and Silicon Valley.

Philomena Mantella, senior vice president and CEO of the Northeastern University Global Network, said the University recently won that approval and is now looking for a dean and a site in Toronto for the campus.

"It's an incredible city, a city that is driven by its knowledge economy," she said.

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Hope rests with Liberals

IMMIGRATION

Interpreter wants family to join him in Canada

As an interpreter for Canadian combat troops in war-torn Afghanistan, Sayed Shah Sharifi lived in constant fear of reprisal attacks from the Taliban.

Now, living safely in Toronto, his fears are for family members he left behind.

But with a new federal government about to be sworn in, Sharifi has renewed hopes that Ottawa will listen to his pleas and allow his loved ones to join him here in Canada. "(Prime minister-designate) Justin Trudeau talked about 'sunny ways' in his victory speech after the election. I hope it finally means sunny ways for me and my family," he said.

Sharifi came to Canada in 2012 under Ottawa's special visa program for interpreters after going public about the program's high rejection rate on the basis that applicants failed to meet officials' definition of "extraordinary and individualized risk."

Although Sharifi was finally granted a permanent resident visa, five of his family members have since been killed and two injured in Taliban attacks.

For more than two years, the 27-year-old had been asking outgoing Conservative Immigration Minister Chris Alexander's office to allow his two brothers, Habib, 17, and Hamdullah, 26, to join him here through a minister's special permit.

"I'd e-mailed and called the minister's office many times but no one ever got back to me," said Sharifi, who worked alongside Canadian Forces in Afghanistan's Panjwayi and Zhari districts between 2007 and 2010.

Lawyer Lorne Waldman, who helps Sharifi on a pro bono basis, said the special visa program, which ended in July 2011, only allowed eligible Afghan interpreters to come with spouses and children — and the existing family reunification program doesn't allow anyone to sponsor siblings.

While Sharifi's request is the prerogative of the immigration minister's office, officials said, "those who did not qualify for the special immigration measure may still apply under existing immigration measures, such as the economic and family class." TORSTAR NEWS SERVICE

CANADA'S AFGHAN MISSION

From 2001-2011:
41,000: Number of Canadians who fought in Afghanistan
5: Number of Canadian civilians killed in Afghanistan
158: Number of Canadian Armed Forces members who lost their lives in service
$11 billion: Canada's defence budget in 2001
$21 billion: Canada's defence budget in 2011
TORSTAR NEWS SERVICE

Afghan interpreter Sayed Shah Sharifi. TORSTAR NEWS SERVICE

HALLOWEEN

Razor blades found in chocolate bars: police

Police are investigating after razor blades were discovered in Halloween candy in southwestern Ontario.

Niagara Regional police say a child in Thorold, Ont., bit into a chocolate bar after returning home from trick-or-treating Saturday night and felt something solid within the chocolate.

They say the child stopped chewing and spit out the bar, which revealed a razor blade that appeared to come from a disposable shaving razor.

In another incident, a child bit into an O'Henry! chocolate bar after trick-or-treating in St. Catharines, and bit into something made of metal, which turned out to be a razor blade.

Police say neither child was hurt and are asking parents to examine their children's candy wrappers for tampering.

Police are also asking for the public's help with their investigation.
THE CANADIAN PRESS

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WILDLIFE

Black-bear hunt returns to Ontario

Black bears are back on the menu in the GTA, thanks to a provincial move to reopen the spring bear hunt provincewide for the first time in 16 years.

MPPs Bill Mauro and Jeff Leal made simultaneous announcements heralding the introduction of a five-year pilot proposal Friday. It's a move that would reopen the spring season on black bears in 88 of the province's 95 wildlife management units, at least until 2020.

The province's move to reinstate the hunt is currently available for public comment on Ontario's Environmental Registry.

Both cabinet ministers cited tourism and concerns about human-bear conflict as the motivations behind the initiative. Currently, the only two provinces in Canada without a spring bear hunt are Nova Scotia and Ontario.

But at least one animal-welfare organization is expressing outrage with the government's decision.

"My real gut reaction was extreme sadness for the bears," said Liz White, a director with the Animal Alliance of Canada.

"We don't hunt other big-game species in the spring when they have children, so why on earth are we doing it with bears?"

TORSTAR NEWS SERVICE

A black bear sits by the road. RICHARD LAUTENS/TORSTAR NEWS SERVICE

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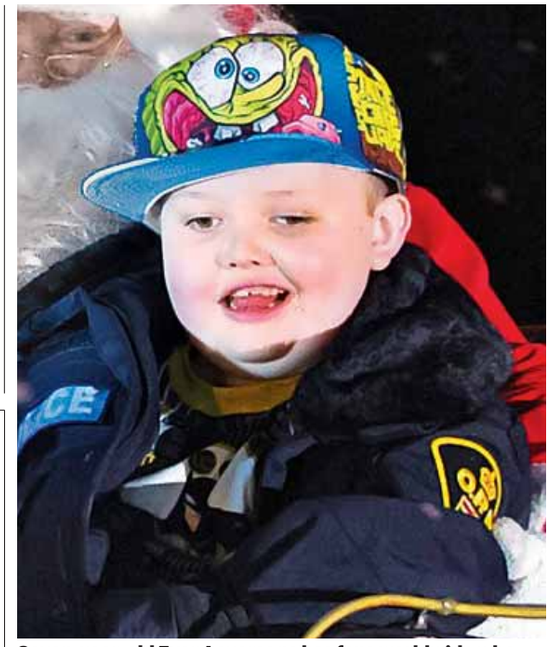


Seven-year-old Evan Leversage has fans worldwide who help keep his spirits high. CHRIS YOUNG/THE CANADIAN PRESS

A few more memories

CANCER

Evan heads to first and possibly last hockey game

Evan Leversage has accomplished just about everything on his bucket list.

"He definitely had a very simple one," said his mother Nicole Wellwood. A couple visits to Chuck E. Cheese's, the movies with his friends, a trip to Niagara Falls and a very special Christmas surprise was all he needed.

But there's always room for a little more.

Evan headed to his very first, and potentially only, hockey game on Monday night to watch the Toronto Maple Leafs take on the Dallas Stars, courtesy of some family well-wishers and MLSE.

Since the seven-year-old from St. George, Ont. was diagnosed with an inoperable brain tumour in early fall, community support for the family has been "tremendous."

"It's been truly amazing. It's given our family the opportunities to make everlasting memories, and we cannot be grateful enough," said Wellwood. "Evan definitely knows that he's loved."

The family has received a steady flow of letters and presents daily from people all over the world. Opening them and reading them lifts Evan's spirits everyday, says his mother.

However, the feisty little mischief-maker is starting to lose a bit of his energy.

"He has his good days and his bad days," said Wellwood. "This will probably be one of his last outings."

That won't stop Evan, his mother, his brother and a close family friend from enjoying the night. They might even get to meet some of the players afterward.

"We are doing our best getting some more events in for Evan," said family lawyer David Fedy.

TORSTAR NEWS SERVICE

Evan definitely knows that he's loved.
Nicole Wellwood

GET INVOLVED

Leversage family accepting donations
Anyone interested in donating to the family can do so at a GoFundMe site under the name "One Last Christmas."

Fireworks at new heights

CANADA DAY 2017

CN Tower could be used again for our 150th birthday

Chris Bateman
For Metro | Toronto

Fireworks could return to the CN Tower, starting with Canada's 150th birthday celebrations in 2017.

A motion by Coun. Jim Karygiannis due to be voted on by council today is seeking permission to investigate the idea. If it gets the green light, it could lead to an annual repeat of the fireworks that marked the opening and closing ceremonies of the Pan Am Games, he said.

Karygiannis said the idea came from a constituent who was inspired by the Pam Am ceremonies and other cities around the world that use local landmarks as a launching point for fireworks.

"I thought it was a good idea," he said. "City staff said for this year it's too early, but maybe we could do something for next year when it's also going to be Canada's 150th anniversary."

"Other cities have fireworks and they display their cities and all that stuff, why not here," Karygiannis said.

The Pan Am fireworks were masterminded by pyrotechnical expert Eric Tucker. The roughly 900 kilos of explosives used in the display were transported up the CN Tower in a service elevator and stored in a special "pyro lockdown room."

Staff at the CN Tower declined an interview on the possibility of New Year's Eve fireworks and instead released statement.

"Like all Canadians we at the CN Tower look forward to the Canada 150 celebration," it read. "We are in the midst of discussing this occasion, however, and don't have any information to announce or share at this time."

Pan Am aside, New Year's Eve 1999 is the only other time fireworks were launched from the CN Tower.

Funding for the anniversary fireworks display would likely come from federal government grants, Karygiannis said.

But, if cost becomes a concern with having more regular displays the city might consider picking up the tab, he said.

"Hopefully if we do it once then we can find the means to do it moving forward."

WITH FILES FROM TORSTAR NEWS SERVICE

The opening and closing ceremonies of the Pan Am Games were among the few times fireworks have been shot off the CN Tower. TORSTAR NEWS SERVICE FILE

900

Around 900 kilos of explosives were used for the Pan Am fireworks launched from the CN Tower.

OTHER CITIES

Sydney

The world famous Sydney Harbour Bridge takes centre stage during Australia's New Year's Eve celebrations. The idea of using the bridge was inspired by a firework display on the Brooklyn Bridge on its 100th anniversary in 1983.

London

The first fireworks were launched from London's giant Ferris wheel, the London Eye, in 2004 and the size and scope of the event has been growing ever since. The 2013 event featured scented mists and radio-controlled illuminated bracelets that were handed out to spectators. PHOTOS COURTESY GETTY IMAGES

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Calgary and Edmonton, AB, Winnipeg, MB, Vancouver, BC, Halifax, NS and Toronto and Ottawa, ON, who have attained the age of majority at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, each consisting of a double movie pass to "Love the Coopers." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on November 3, 2015 and closes at 11:59 pm ET on November 5, 2015. To enter and for complete contest rules visit www.clubmetro.com.

Teachers, province settle

EDUCATION

Support staff get deal, too, job action ends

Deals with the province's elementary teachers and support staff put an immediate end to all job action, meaning fall report cards will be sent home to 817,000 elementary students — though slightly later than usual — extracurricular activities can resume and schools will now be fully cleaned.

Tentative agreements with the Elementary Teachers' Federation of Ontario and CUPE were reached after tense, around-the-clock talks that began last week and went all weekend before the first real breakthrough came early Monday. CUPE, representing 55,000 education workers, was the first to announce a deal, and by midday some schools said their hallways had already been tidied by custodial staff.

News for the 78,000 public elementary teachers came around suppertime Monday, with Education Minister Liz Sandals saying "we have specifically agreed that the full progress reports — including comments — will be prepared for all the elementary students in the English public system." Conceding the bargaining process "has not always been easy," the minister has given school boards the power to dock the pay of 12,000 support staff represented by the Ontario Secondary School Teachers' Federation, which still has not settled.

Denise Hutchinson — shown with her Grade 3 students at Toronto's Sprucecourt Public School last year —is among teachers who will be prepping report cards now. TORSTAR NEWS SERVICE

"Job action is negatively impacting our students. Schools have become increasingly dirty and we're increasingly concerned about the health, safety and well-being of our students," said Sandals, adding it's up to each employer whether to slash 10 per cent of workers' pay for not doing their job.

Michael Barrett, president of the Ontario Public School Boards' Association, which bargained the deals with the government and public teacher unions, said boards are not yet looking at doing so in the hopes a deal will soon be reached with OSSTF, which represents staff in a number of Ontario boards, including Toronto and Peel. Teachers and support staff have been without contracts since last August, and after issues surrounding the province's new two-tier bargaining were sorted out, talks were on-and-off.

Liz Sandals

While details of the elementary teachers' contract have not yet been made public, Sandals said it is "fairly similar" to the deals reached with public high school teachers, Catholic teachers and French-board teachers. Those included a 1 per cent bonus, a 1.5 per cent raise over three years and steps to have unions run their own benefits plans. TORSTAR NEWS SERVICE

CONGESTION

Ontario ready for toll lanes

Ontario motorists will know by the end of the year exactly where the Liberal government intends to establish high-occupancy toll lanes and what the fees will be for using them.

The so-called HOT lanes will allow motorists without passengers to pay to use High-Occupancy-Vehicle (HOV) lanes, which were designed to encourage carpooling.

The plan is to create HOT lanes only where there area existing HOV lanes, free for any driver with at least one passenger, but HOV and toll lanes could also be created on any new or expanded highways.

"On the provincial highway network, we will not be taking out general purpose lanes for the HOT's," Transportation Minister Steven Del Duca said Monday.

Del Duca said the province was willing to work with any municipality that wants to add tolls to existing roads under their jurisdiction, such as Toronto's Gardiner Expressway and Don Valley Parkway.

THE CANADIAN PRESS

MPs to vote on bill

PARLIAMENT OF CANADA ACT

Politicians weigh benefits of adopting new powers

NDP House Leader Peter Julian asks a question during question period in the House of Commons in Ottawa in May. SEAN KILPATRICK/THE CANADIAN PRESS FILE PHOTO

The 338 MPs of the 42nd Parliament will have the opportunity this week to formally adopt new powers — the question is, will they view the changes as in their political interest?

Already, the NDP is signalling it likely won't support all or any of the new provisions in the Parliament of Canada Act, which originated in a Private Member's Bill by Conservative MP Michael Chong.

The Liberals are only just beginning to consider the implications. One high-level source suggested many inside the party don't see the need to bind themselves by the provisions.

NDP House Leader Peter Julian refers to Chong's bill, passed into law in June, as the "Conservative Reform Act."

When he put forward the bill, Chong said it was designed to rebalance power between MPs and the party leaders.

The four changes that each caucus will need to vote on before they get to anything else are:

- Whether MPs have the power to trigger a secret ballot leadership review after 20 per cent of them request one.
- Whether MPs have the power to suspend and reinstate colleagues via secret ballot.
- Whether MPs have the power to elect interim leaders.
- Whether MPs have the power to elect and eject their caucus chairpersons.

The Conservatives are facing the tricky question of whether to exclude senators from their vote for interim leader. The Chong bill specifies that only MPs can participate in the votes, while the Conservative constitution refers to the parliamentary caucus.

THE CANADIAN PRESS

STUDENTS

Feds mull points as loan repayment

Graduates who owe the federal government money on their student loans could soon have the chance to use travel reward points to help pay their debts.

The previous Conservative government gave the political go-ahead in February for Employment and Social Development Canada to work out a deal with Higher Ed Points, a private company that lets registered students put reward points like those collected through Aeroplan towards tuition and loan payments.

The program is in place in two provinces, Alberta and Ontario, but a move to the federal level would reach the hundreds of thousands more students as the majority of student assistance flows through the Canada Student Loans program.

The company told federal officials that up to 820,000 student loan recipients who still owe the government money could end up paying off part of their debt with Aeroplan points. For instance, 35,000 Aeroplan points would repay $250 of unpaid debt.

Officials viewed the number with some skepticism, based on a briefing note, telling then-employment minister Pierre Poilievre "there is little data available about how students are using Higher Ed Points for student loan repayment."

THE CANADIAN PRESS

BY THE NUMBERS

Student loans from the 2013-2014 school year
515,279: Full-time and part-time students in receipt of financial aid from the federal government.
$3.4 billion: Amount in assistance those students received.
$715 million: Amount of that assistance in the form of non-repayable grants.
203,028: Borrowers who couldn't afford repayments and who had the government cover part of their interest payments.

THE CANADIAN PRESS

POLITICS

Cartoonists kept on their toes

Mallory Chate
For Metro

Graeme MacKay drew this Justin Trudeau piece, which is one of MacKay's favourites. COURTESY GRAEME MACKAY

Prime minister-designate Justin Trudeau is proving to be a breath of fresh air for some political cartoonists.

With a career based, literally, around drawing attention to world events, it's helpful to have some new characters in the mix once in awhile, said Graeme MacKay, a Hamilton cartoonist whose work appears in the Hamilton Spectator.

After 10 years of practice, MacKay says he can draw outgoing prime minister Stephen Harper "with my eyes closed."

Artists live for the crazy moments that come with the territory of political cartooning, noting Trudeau is less stage managed than Harper was, which could lead to some interesting moments.

Then again, "politics is politics," said Halifax-based cartoonist Michael de Adder whose works appear in papers across the country.

"It doesn't matter who's in power," he said. "You sit around waiting for them to make their first mistake."

POLICY

Liberals to restore longer census

Restoring the long-form census will be among the first acts of the new Liberal government, which takes office Wednesday.

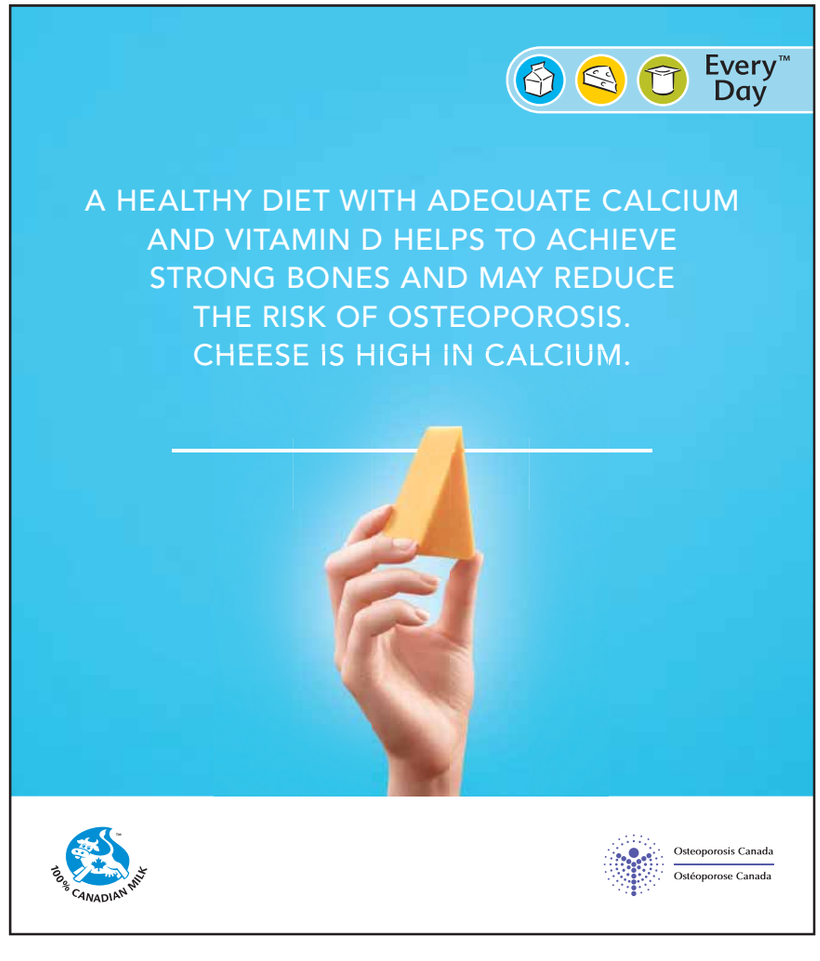
Prime minister-designate Justin Trudeau and his cabinet are expected to move quickly on the formal decision to reinstate the mandatory questionnaire that was axed by the Conservatives in 2010, Torstar News Service has learned.

The move, seen as vital by those who rely on the census data, is an important symbolic one, too, for the Liberals, demonstrating a commitment to science-based policy while taking the first steps of undoing the legacy of almost a decade of Conservative rule.

"It will be fairly easy because it doesn't take legislation. All it requires is cabinet saying so," said Ivan Fellegi, who served as Canada's chief statistician for 23 years and retired in 2008.

"It's definitely an excellent step," he said Monday.

TORSTAR NEWS SERVICE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MIGRANT CRISIS

Germany to deport Afghans

Afghanistan will take back all its citizens to be deported from Germany as the European country struggles to accommodate hundreds of thousands of refugees and other migrants who have arrived there this year, a Kabul official said.

Afghans currently make up the second largest nationality, after Syrians, arriving in Europe. So far this year, an estimated 120,000 Afghans have left the country, legally and illegally, according to authorities.

Germany, a longtime contributor to international forces in Afghanistan and with currently 944 soldiers in NATO's support and training mission there, has been feeling the pressure of the rising numbers of people coming in.

Last week, Germany's interior minister complained of an "unacceptable" influx of Afghans from relatively safe areas of their country, and warned that many of them would have to return home.

It isn't clear how many Afghans Germany might try to send back. However, German officials have been keen to stress that only people genuinely fleeing war and persecution are entitled to asylum.

The Taliban have fought a particularly vicious warm-weather offensive this year, testing the capabilities of Afghan forces following the international combat troops' departure at the end of last year.

President Barack Obama announced in the wake of the Kunduz fight that he would leave U.S. troops in Afghanistan at current levels of 9,800 through 2016, rather than halving the figure at the end of this year.

THE ASSOCIATED PRESS

IN BRIEF

Central, southern Britain fog affects flights, roads

Flights were cancelled across Britain as thick fog blanketed much of the country a second day. Heathrow Airport cancelled 45 flights Monday morning. Flights also were scrapped at London's City and Gatwick airports and at Manchester Airport. Meanwhile, Highways England has urged drivers to slow down or stay home. Weather forecasting body the Met Office said the fog was expected to lift later Monday.

THE ASSOCIATED PRESS

Cause of Russian jet crash continues to stymie experts

EGYPT

Human error and terrorism both on table: Investigators

Mystery and confusion surrounded the final moments of a Russian jetliner that plummeted suddenly from high altitude to the Egyptian desert, killing all 224 people aboard. The airline Monday ruled out pilot error or a technical fault, but Russian aviation officials dismissed that as premature.

Some aviation experts raised the possibility a bomb on board the Metrojet Airbus A321-200 brought it down.

James Clapper, the U.S. director of national intelligence, said that while there is no direct evidence of any terrorist involvement yet, it couldn't be excluded.

Asked if a terrorist attack could be ruled out, President Vladimir Putin's spokesman, Dmitry Peskov, said no.

The Metrojet was flying at 31,000 feet over the Sinai when it crashed Saturday only 23 minutes after takeoff.

> **A bomb was placed during the stopover and programmed to explode after takeoff, or a mechanic sabotaged the plane.**
> Robert Galan, French aviation expert

Metrojet firmly denied that the crash could have been caused by either equipment failure or crew error.

"The only possible explanation could be an external impact on the airplane," Metrojet's deputy director Alexander Smirnov told a news conference in Moscow.

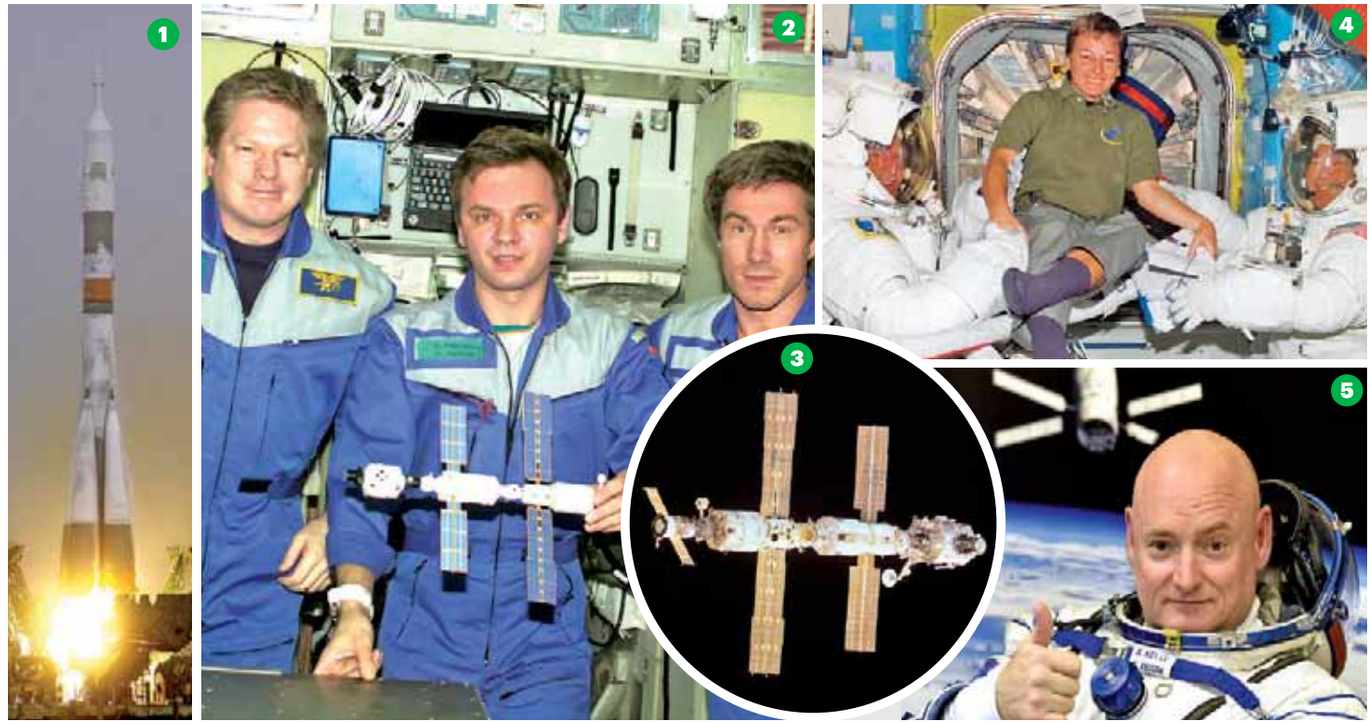
In televised comments from Egypt, Neradko said it would be possible to draw conclusions about the crash only after experts examined the plane's flight data and cockpit voice recorders and studied the wreckage.

British military analyst Paul Beaver said he thought the crash was likely caused by a bomb.

Robert Galan, a French aviation expert, said Metrojet's claim of an "external impact" pointed to two possibilities: a bomb or sabotage.

"Either a bomb was placed during the stopover and programmed to explode after takeoff, or a mechanic sabotaged the plane," he said. "These are the two most probable hypotheses."

THE ASSOCIATED PRESS



Space Station marks 15 years

Humankind marked an off-the-planet pinnacle Monday: the 15th anniversary of continuous residency at the International Space Station.

NASA and its global partners celebrated the milestone, as did the six astronauts on board. The U.S., Russian and Japanese spacemen planned a special dinner 250 miles up.

Commander Scott Kelly, seven months into a yearlong mission, said the biggest benefit of the orbiting lab is goals for exploring deeper into space.

"The space station really is a bridge. It's a test bed for the technologies that we need to develop and understand in order to have a successful trip to Mars," American astronaut Kjell Lindgren said at a news conference.

Since the first permanent crew moved in on Nov. 2, 2000, 220 people have come and gone, representing 17 countries.

The United States is in the lead because of all the space shuttle flights that were needed to deliver station pieces; Russia is in second place, and Canada and Japan tied for third. At least one American and one Russian have been on board at all times.

The most important experiment, Kelly said, is about keeping humans alive in space. His one-year mission with Russian Mikhail Kornienko, due to end in March, includes 400 experiments, many of them medical. Americans have never spent this long in space; the Russians have, but it was decades ago on the former Mir station.

NASA puts the number of experiments at this space station, over the years, at more than 1,760. NASA hopes to keep the complex running until 2024.

Japanese astronaut Kimiya Yui said the space station has yielded a unique culture given all the nationalities involved, with the crew members respecting each other. If this were practiced back on the planet, he noted, "the Earth will be a much better place." THE ASSOCIATED PRESS

1 ISS pioneers — Oct. 31, 2000: A Soyuz spacecraft lifts off from Baikonur Cosmodrome in Kazakhstan with Expedition 1 Cmdr. William M. (Bill) Shepherd of NASA and cosmonauts Sergei Krikalev and Yuri Gidzenko. The trio arrived at the International Space Station (ISS) on Nov. 2, 2000.

2 Live, work, space — Nov. 2, 2000: Shepherd, Gidzenko and Krikalev are the first crew to live and work on the International Space Station, marking the start of an uninterrupted human presence on the orbiting laboratory.

3 Home away from home — Dec. 2, 2000: The configuration of the space station at the start of Expedition 1.

4 Woman at the helm — Oct. 10, 2007: Peggy A. Whitson was the first woman to command the ISS.

PHOTO CREDIT/TEXT: NASA HANDOUT

5 Well-suited for spacewalks — March 27, 2015: U.S. astronaut Scott Kelly has his space suit tested at the Russian-leased Baikonur Cosmodrome. A crew consisting of Kelly and two other cosmonauts blasted off to the ISS from Baikonur on March 28 of this year. PHOTO CREDIT: GETTY IMAGES

BlackBerry releases first Android phone

TECHNOLOGY

Division's survival depends on Priv's success

The future of BlackBerry's smartphone business may very well be sitting in your hands later this week.

The BlackBerry Priv, the company's first Android device, marks what could be a last-ditch attempt by the Waterloo, Ontario-based developer to create a phone popular enough to save its struggling hardware division.

If the Priv doesn't sell, it's almost certain BlackBerry will pull the plug on designing phones after a series of sales flops whittled down its thriving device business into a money-losing operation.

"BlackBerry's handset business rides on the success or failure of the Priv," said technology analyst Carmi Levy.

"If this device doesn't turn the sales tide around, expect a quick decision in the new year."

After being pummelled by the likes of Apple and Samsung, BlackBerry is doing what some of its critics say should've happened years ago: appealing to existing smartphone trends instead of fighting against them.

For first time in its history, BlackBerry will be selling a phone beginning Friday that doesn't run on its own operating system, using Google's Android system instead.

It's a compromise with the mainstream on almost every level. On the surface, its larger touch screen evokes the design of most smartphones on the market, while a slider keyboard caters to more traditional BlackBerry users who still favour one of the company's most beloved features.

In naming the device Priv — short for privacy and privilege — the company hopes to tap into a conversation about how we unknowingly share our personal details with third parties through various phone apps.

The Priv arrives in stores two years after concepts for the device began to take shape.

Over the coming weeks, BlackBerry will unveil a marketing campaign it says forgoes the traditional launch event in favour of spending on advertising throughout the crucial holiday shopping season.

THE CANADIAN PRESS

The Blackberry Priv is displayed in Toronto on Friday.
GRAEME ROY/THE CANADIAN PRESS

IN BRIEF

TransCanada asks U.S. to pause Keystone pipeline

In a surprise move, TransCanada Corp., the company behind the controversy-plagued Keystone XL pipeline from Alberta to Texas, has asked the U.S. government to temporarily suspend its application. The request comes in a letter to U.S. Secretary of State John Kerry.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, November 3, 2015

EMMA TEITEL: ON MOVEMBER

Good things done for wrong or unsavoury reasons — social-media attention, for example — are more far-reaching than good deeds done in private.

American author Kurt Vonnegut was not fond of November, an awkward, meteorologically confusing month he believed we wrongly associated with autumn. "The poetry of four seasons is all wrong for this part of the planet," he wrote. "Spring doesn't feel like spring a lot of the time, and November is all wrong for autumn."

But Vonnegut didn't believe November was a winter month either. Instead, he thought November belonged to a hybrid season of his own invention, one he labelled "Locking" — when the days get shorter, the nights get colder and life in general seems to close in on itself — making way for legitimate and unforgiving winter around January.

(In a similar fashion, Vonnegut labelled March and April "Unlocking" months, when the world slowly opens up for true spring in May and June.)

Vonnegut's theory is convincing — especially if you're a Canadian used to prolonged awfulness outdoors. But it's also outdated. Vonnegut's November (he died in 2007) was starkly different from November today: a month no longer perceived as a dull layover between Halloween and Christmas, nor defined by unpleasant weather and ennui, but by something else entirely: raising money to battle men's cancers by rejoicing in the facial hair growth of friends, family and co-workers.

November is no longer a bleak season of "Locking," then; it is the official season of Growing Facial Hair and it is a massively popular one.

The campaign responsible for this shift is called Movember. It is active in 21 countries worldwide, encouraging participants ("Mo bros") to grow moustaches in order to raise awareness about cancers that affect men (prostate cancer, for example).

GROWING SEASON There's nothing more pretentious than criticizing charity efforts, such as Movember fundraising for men's health, for being too ostentatious, argues Emma Teitel. LORATO/ISTOCK

In the last 11 years, according to the campaign's website, Movember has raised $677 million for men's health; last November, it raised $24 million in Canada alone.

Movember is heavily reliant on social media for both exposure and fundraising (moustache selfies are extremely popular), which means even if you aren't involved, you will most likely come across a Facebook friend's proud picture or request for donation.

Despite its success, Movember has attracted a considerable amount of controversy in the last few years. Some of that controversy is plain ludicrous: the belief, for example, that Movember discriminates against men who can't grow moustaches. (I myself can grow a full beard, which I would attempt for no cause imaginable). But the more popular criticism of the campaign, one echoed in response to other big charity events such as the ALS Ice Bucket Challenge, is the belief, to quote British poet and historian William Hutton, that a "charity that hastens to proclaim its good deeds ceases to be a charity and is only pride and ostentation."

This belief is a favourite among Movember and Ice Bucket Challenge critics who, every year, write scathing opeds about the "slacktivism" inherent in flashy charity campaigns — critics like writer and comedian Joshua Holley, who just last week published an anti-Movember piece in the Sydney Morning Herald in which he calls Movember "grooming laziness in the name of visible do-gooding."

It seems every time a charity campaign reaches viral status, a small but vocal and surly group of people comes out to decry said charity as superficial, because it attracts band-wagon types who participate in the social-media spectacle of the campaign but fail to pay it forward with cold hard cash. Holley asks of the Ice Bucket Challenge: "How many people dumped a bucket over their heads for a laugh compared to those who actually stumped up some cash?"

The problem with this line of thinking is that it insists a charity be ideologically pure; people shouldn't just do the right things, they should do the right things only for the right reasons.

But good things done for wrong or unsavoury reasons — social-media attention, for example — are more far-reaching than good deeds done in private, and they are far more likely to inspire others to give. A charity that hastens to proclaim its good deeds, to borrow Hutton's words, may be prideful and ostentatious — but, more importantly, it's wildly successful.

November — sorry, Movember — is now upon us, and I think it's quite nice to have something positive to partake in rather than merely stew in the bleak boredom of "Locking" before winter sets in. And I suspect Vonnegut, a thoroughly un-cynical person, might have felt the same way.

As for the hypocrites who dislike Movember because they oppose so-called "hipster moustaches": There is nothing in the world more annoyingly hipster-ish than turning your nose up at earnest people trying to make the world a better place. Be original for once, and chip in.

It's nice to have something positive to partake in, rather than merely stewing in bleak boredom before winter sets in.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

High housing costs and homelessness are everyone's problems

So — it really is the foreign buyers.

A new study of detached-home sales in three Vancouver neighbourhoods found two-thirds of all properties sold to Chinese buyers. That figure jumped to 88 per cent of buyers for homes over $5 million.

It's more evidence to spur Vancouver — and B.C. — to tackle the foreign-ownership thrust of its ludicrously overpriced housing market.

And that, in turn, is part of a much wider, much more existential housing question facing all levels of government.

NDP MLA David Eby, who provided the raw data to UBC geographer David Ley, called Vancouver's hyperventilating house prices "a government problem" — namely, how do you create a city average people can afford to live in?

It's a burning question these days for many in the so-called middle class, who grew up with expectations of someday owning a home, only to age alongside real-estate markets on steroids.

But it's a question also being asked from the vantage point of the homeless.

In a ruling released late last month, the B.C. Supreme Court found Abbotsford violated the rights of homeless people when it banned them from sleeping in public parks.

All people have the right to shelter from the elements and a safe space to sleep, the court ruled. This has implications for all municipalities.

DJ Larkin, the lead counsel for Pivot Legal Society representing Abbotsford's homeless, notes that we've been in limbo: stuck between courts wary of wading into politics by telling governments they have a responsibility to house people; and a lack of political will to solve housing cost problems for anyone, poor or middle-class.

That is shifting. Victoria has gone from evicting the homeless from parks, to musing about setting up a tent city, to recently paying homeless people $20 each for input on temporary housing options. Medicine Hat, Alta., meanwhile, claims to have ended homelessness altogether (a feat Vancouver promised and failed to do by 2015).

Both Ontario and Alberta have also vowed to end homelessness (Alberta by 2017, Ontario with no fixed date).

During the federal election, all three major parties campaigned on policies that would address the furor over housing costs, and the Liberals will now be expected to implement their promised National Housing Strategy.

There's nothing more basic, more central to our lives, than having a home. It's not just a necessity or a sense of safety — it's a sense of dignity, an opportunity for happiness, a physical foundation for a life. And: a new national preoccupation.

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Mariah Carey, Questlove, Sesame Street set for Macy's NYC Thanksgiving Day Parade

Jojo turns struggles into song material

NEW ALBUM

Singer mines breakups for emotions she needs to write

Emily Laurence
Metro | New York

Many people still think of Jojo as the tween from her Too Little Too Late days, but the pop singer is back and getting the attention of both her old fans and new ones.

After a seven-year battle with her former label that would not release her third album, Jojo has a new deal with Atlantic Records, three new songs and a new full album in the works.

"I try not to think of it as being burned but as just part of my journey," she says of the industry drama.

"It gave me an edge and ability to be equipped this time around."

Jojo tells us she was going through a breakup when she started working on the new songs.

"I was in a state of high emotion when I started recording," she says.

Her music has always been influenced by her love life, which she admits isn't always a good thing.

"Sometimes I stay in situations longer for material and for the emotions they bring up," the 24-year-old says.

"As I get older, I realize that's not really good. I need to chill. But the content it creates is sometimes worth the struggle."

In just three weeks the When Love Hurts music video racked up well over a million views and Jojo says she was shocked by all the attention.

"I was wicked surprised! I was scared and wasn't sure what the response was going to be, but it's an incredible feeling knowing when I go (on tour) I'll see so many familiar and new faces."

And while she's excited about the new songs, she doesn't mind taking a trip down memory lane singing her early hits.

"I actually enjoy performing (them) more now," she says.

"I didn't love Leave (Get Out) when I put it out, and now that I'm older and I've loved, it has a new meaning for me.

"I've definitely kicked somebody out of my house, so I get it now!"

WORKOUT TIPS

Jojo's secrets for washboard abs

Jojo rocks a crop top in the When Love Hurts music video and it's easy to see why — she's in sick shape. Here, she shares her tips:

1. Vary your workout.
"I have fun trying out different workouts. I do CrossFit and belong to a gym, where I do cardio intervals."

2. Incorporate weights.
"Holding a weighted bar or weighted plate is good for deepening cuts. I feel strong when my core is strong."

3. Try active resistance training.
"I like working against my natural weight to tone," she says.

METRO NEW YORK

Jojo says she was in a state of high emotion when she started recording her new songs. CONTRIBUTED

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Enterovirus panic subsides — for now

STUDY

Doctors expect fewer cases this year after 2014 outbreak

Children infected with enterovirus were hospitalized 15 to 20 times more often than adults. ISTOCK

What a difference a year makes.

In late summer and fall of 2014, doctors were reporting clusters of children across the U.S. and Canada being hospitalized with severe respiratory distress due to enterovirus D68, a bug that hadn't caused an outbreak in North America for years.

This year, it appears EV-D68 has disappeared from the mix of cold viruses giving people runny noses and congested lungs — but how long it will stay quiescent is anybody's guess.

"I think we're not going to see it this year," said Dr. Danuta Skowronski, an infectious disease specialist at the B.C. Centre for Disease Control, who is involved in the tracking of pathogens like EV-D68.

"We found no enterovirus D68 detections between Aug. 1 and the end of September this year," she said, referring to testing of patients with respiratory illnesses. Last year at this time, B.C. had already recorded 18 patients with EV-D68, 13 of whom needed to be hospitalized.

"I don't say it's been eliminated, but I don't think it's going to circulate at the kind of widespread epidemic levels" seen last year, Skowronski predicted.

And widespread it was — even more so than initially thought, suggests a study led by Skowronski and published online last week in the journal EuroSurveillance.

While most studies of the 2014 outbreak looked at only cases requiring hospital admission to determine incidence and prevalence rates, the B.C. study included both hospital- and community-based patients to get a more accurate picture of EV-D68's effect on the population, using surveillance data from B.C., Alberta and Quebec.

> **"I don't say it's been eliminated, but I don't think it's going to circulate at the kind of widespread epidemic levels (seen last year)** Dr. Danuta Skowronski

Overall, researchers found an eight-fold increase in detections of the virus from October to December 2014, compared to the same period a year earlier.

They also found that an equal proportion of children and young adults who saw a community-based doctor for a respiratory illness tested positive for EV-D68, suggesting that a wide range of age groups was susceptible to the virus — not just children.

However, children infected with the virus were admitted to hospital at a rate 15 to 20 times higher than adults, Skowronski said. As well, kids under age 10 had a four- to five-fold higher rate of hospitalization related to EV-D68 than did those age 10 to 19.

Skowronski said ongoing surveillance in both community and hospital settings is needed so researchers can learn more about EV-D68's incidence.

THE CANADIAN PRESS

HEALTH BRIEFS

Count bites, not calories

New research suggests that counting bites, not calories, could help with weight loss.

For the study, researchers from Brigham Young University in Utah asked a group of 61 participants to count the number of times they lifted food or drink to their mouths.

They were then asked to commit to taking 20 to 30 per cent fewer bites over the next week. The 41 participants who successfully completed the task lost an average of 1.6 kg at the end of the experiment. AFP

Making a conscious effort to count bites can help people lose weight. ISTOCK

Low carb diet, not low fat, best for weight loss

Low-fat diets do not yield greater weight loss than other slimming regimes, said a study Friday.

A review of 53 scientific studies found "no good evidence for recommending low-fat diets," said lead author Deirdre Tobias of the Brigham and Women's Hospital in Massachusetts.

In fact, low-carbohydrate diets led to greater weight loss than low-fat ones, according to study results. AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Starbucks White Chocolate Mocha

With November upon us, we're lined up out the door to indulge in our favourite hot beverages. Starbucks comes to mind with all their tasty drinks, ranging from Pumpkin Spice Lattes, Peppermint Mochas, and the return of the red cups just in time for Christmas. But the classic Hot Chocolate is still one of the most popular to indulge in — sweet and creamy comfort in a cup. A twist on the traditional hot cocoa, a warm White Chocolate Mocha is even more of an indulgence. Decadent for sure — and beware, this sweet treat is not so innocent!

PICK THIS | **SKIP THIS** | **HERE'S WHY**

Grande Hot Chocolate

Ingredients
2 per cent milk, no whip

Calories 290
Fat 9g
Saturated fats 5g
Sugar 41g

Grande White Chocolate Mocha

Ingredients
2 per cent milk, whipped cream

Calories 470
Fat 18g
Saturated fats 12g
Sugar 60g

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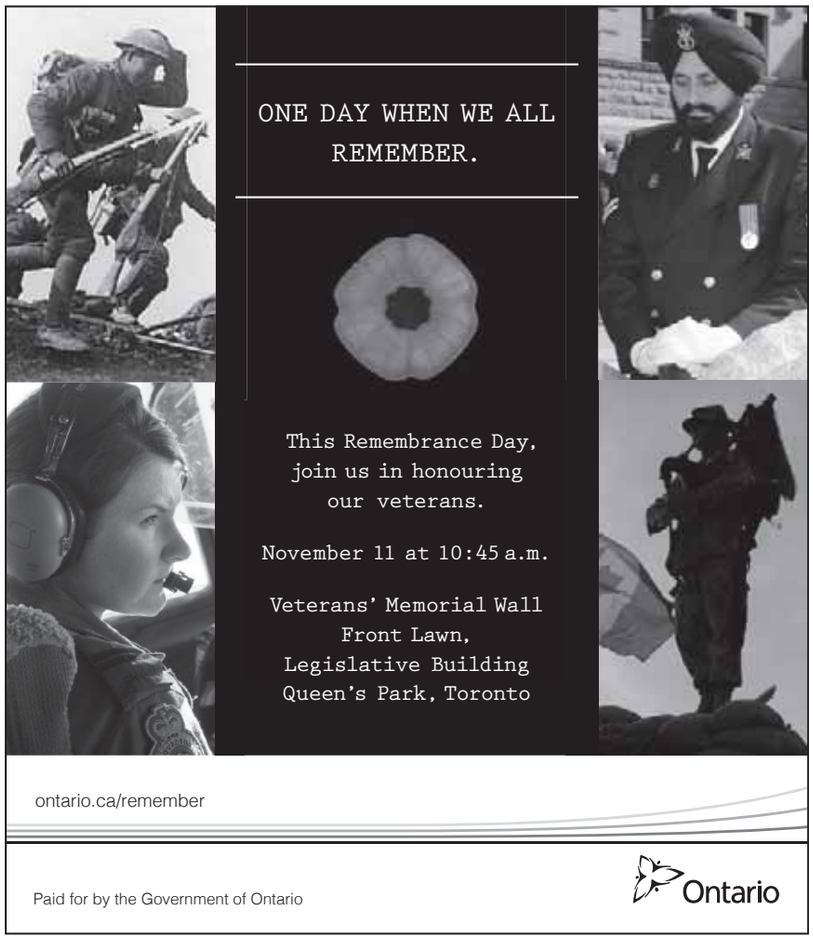
The regular Hot Chocolate uses a syrup rather than chocolate, and opting to skip the whipped cream makes a difference as well. The White Chocolate Mocha is higher in calories, fat and sugar due to the addition of white chocolate, as well as the whipped topping. You've just ended up with **one quarter of your daily calories** and one and a half days' worth of sugar.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Tattoos may not stand the test of time

TRENDS

Will Bautista bat flip still look good in ten years?

FY Ink in Toronto took to social media to recruit one Jays "superfan" to get the bat-flip image inked on their body for free. So far, the owner of the tattoo is very happy with it.
THE CANADIAN PRESS/HANDOUT AND GETTY IMAGES

Just hours after slugger Jose Bautista made an indelible mark in Toronto Blue Jays history with his now-famous bat flip, Byran Bevins sought to make the moment even more permanent.

The factory worker from Oshawa, Ont., got a tattoo of Bautista doing his celebratory bat toss in Game 5 of the series versus the Texas Rangers — less than 24 hours after it happened.

Baseball hysteria in Toronto would ultimately last just a little over a week longer before the Jays were eliminated by the Kansas City Royals.

But Bevins has no regrets about his inked image, which is on his upper-left thigh and took more than six hours to create.

"Well, maybe when I'm older and it starts to fade and kind of looks dumb," says Bevins, who has six other tattoos.

"But that would be only because of looks, not because of what it is."

Bevins got the tattoo after FY Ink in Toronto took to social media to recruit one Jays "superfan" to get the bat-flip image inked on their body for free.

It was a gimmick, but it points to a growing trend that's been noticed by Mike McLaine, owner of Precision Laser Tattoo Removal in Toronto.

"It seems to be a trend that now you get some kind of event, something going on in the news, and invariably somebody decides to go out there and mark the occasion irreversibly with a tattoo," says McLaine.

FY Ink made headlines for a similar campaign two years ago, when one of its apprentices got a tattoo of then-mayor Rob Ford smoking a crack pipe.

"He thought it was cool until the second day when all the comments (on the story) were pretty friggin' harsh," says FY Ink owner Lee Baxter.

"He was just like, 'Man, my parents are ... pissed off at me,"' he added, using an unprintable expletive.

A love of certain musicians or bands seems to drive many impulsive tattoo requests. A client at FY Ink, for example, got one of Chris Brown's face.

While some tattoo parlours have their own code of ethics, Baxter's isn't as strict. He calls himself "more of a businessman" who believes that a parlour "should offer from A to Z tattooing" while focusing on hygiene and quality work.

But he takes a harder line with younger clients who have lofty ideas, especially those under the required age of 18, even if they're with their consenting parents.

Baxter once turned away a 17-year-old girl who went in with her mother asking for lyrics from a Nine Inch Nails song to be tattooed from her wrist to her armpit.

"If someone comes in and they say 'Go Jays go' and they want to put it on their forehead, well I'm probably going to tell them it's a real bad idea and we don't really want to have anything to do with it," says Baxter.

But if they're persistent about it, he won't refuse.

"I'd rather make sure that person gets it done somewhere that's really safe and clean and I know we're notable for that, so why not?" he says.

McLaine thinks the trend is partly a result of tattoos becoming so ubiquitous, resulting in a mentality of "everybody has a tattoo, so why shouldn't I get one?" he says.

"The second part, a disturbing trend is this undercurrent of ... 'Well why shouldn't I get a tattoo, because I can always get it removed.' While that's true, it's a time-consuming, painful, expensive process."

The cost of full tattoo removal at his clinic depends on the size of the work. McLaine says at the low end, it's about $1,700.

And clients need about four to eight treatments to get one fully removed, depending on the depth of the ink (faded ink is easier to remove).

McLaine estimates a work like the Bautista tattoo would cost about $3,000 and take a few treatments to get rid of.

Of course, Bevins isn't concerned with that right now.

After all, Bautista praised it on his Instagram account and met with Bevins in the team's locker room.

"I started showing Bautista the tattoo and (the other Jays) all just kind of kept calling each other over until pretty much the whole team was surrounding me," recalls Bevins.

"I was just standing there in my underwear showing them my tattoo."

While the Blue Jays buzz was worn off, Bevins is still proud of the piece.

"They still did really well in my eyes. They really pulled together and still made things happen, made for a good season." THE CANADIAN PRESS

RICK MERCER REPORT
TONIGHT
Rick takes to the skies over Niagara Falls in a legendary World War II Lancaster Bomber.
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ALL-NEW
TONIGHT 8

Kathy Griffin for president

ALL PHOTOS GETTY IMAGES

INTERVIEW

Comedian talks Trump, Oscars and death threats

Ned Ehrbar
Metro | Hollywood

Kathy Griffin doesn't have time to pull punches. The wise-cracking comic is currently hurtling through an 80-city U.S. tour and she's keeping her act fresh each night thanks to the likes of Donald Trump and Chris Christie.

You should moderate all of the debates going forward.
Yes, I should. I'd like to really get down to when it's just that one tiny table with the last two candidates. This time it will just be Trump and Hillary ... because as a comedian I kind of want this to keep going even though as a human and a feminist I don't — but I do have a fantasy that Melania Trump is some sort of trump card, if you will, and she's the new Jackie O and we don't know it, and she's going to be this incredible ambassador and she's been hiding her multiple degrees from MIT and Oxford. Maybe she's going to be the new Eleanor Roosevelt.

So Trump is the new FDR?
Which is the next obvious conclusion. That is how crazy it's gotten. He's really fooling us all in a way that is entertaining and frightening. I'm more qualified to be president.

Would you like to formally announce your candidacy?
Well, yes. But I think that my VP should be Donald Trump Jr. And my entire cabinet will be made up of Palins, and then obviously Ann Coulter will be my secretary of defence. We're going to keep America great again (laughs). No, I am hashtag ready for Hillary.

metroGOSSIP MUST READ

Want to talk Chris Christie?
It's fine for him to stay in the Jersey area, but you can't send New Jersey to another country. Could you imagine him sitting down with Justin Trudeau? He doesn't know who that is!

What about yourself as an Oscar host?
Oh my gosh, I would love it. There is just a mountain of sexism in Hollywood, and I freely say it because I'm 54 and have two Emmys and a Grammy — I'm half way to an EGOT — and I just sold out the Kennedy Center in June, and I'm often just not considered for these things, so I don't know. I think when I was younger people were kind of afraid of me, but I think I've proven myself now.

Do you worry about your act making you enemies?
I'm not saying Demi Lovato is actively trying to kill me, but her fan army, they have taken to the social media and been very specific about ways that they want to put a machine gun up my butt, cut me with razors. That is something that is actually unprecedented in the history of comedy. In the Clinton era you could make fun of Monica Lewinsky and the jizz on the dress, and no one tried to kill you for it.

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ROMANCE

Gwen and Blake were totally holding hands

Freshly divorced The Voice judges Gwen Stefani and Blake Shelton continue to stoke rumours of inter-office romance, this time by spending some quality time together at a pair of festive Halloween bashes thrown by Jared Leto and George Clooney's tequila company — yes, you read that correctly — in Beverly Hills.

"Stefani stayed for about 40 minutes (at the Clooney party), then left the house holding Shelton's hand," a source tells Entertainment Tonight. "Shelton and Stefani apparently let go of each other's grasp, however, when they noticed a photographer in sight."

As far as costumes, maybe we can read something into the fact that Stefani dressed as a bloodied-up cowgirl — country music influence, perhaps? — while Shelton donned a poncho and a trucker hat. I can only assume he was dressed up as … Blake Shelton. NED EHRBAR/FOR METRO

SCHUMER'S STATUS, SWIFT LAWSUIT

Amy Schumer's frank love-life update

Amy Schumer is not just a successful comedian, actress and budding author. She's also an incredibly helpful information source. Especially when it comes to her love life. While accepting the Charlie Chaplin Brittania Award for Excellence in Comedy from BAFTA recently, Schumer was asked if she's currently seeing anyone, and she responded thusly:

"No, my vagina remains vacant."

So poetic, so straightforward. So ... evocative.

And how much would it take to get into said destination for a willing suitor?

"At least five dollars."

NED EHRBAR/ FOR METRO

Swift getting sued by guy who says she got haters, players idea from him

It's possible Taylor Swift won't even notice, but she's being sued by R&B singer Jesse Braham for $42 million over claims that she ripped off lyrics from his 2013 track Haters Gone Hate for her hit Shake it Off, according to the Daily News.

But don't worry, it's not going to get very far.

"Mr. Braham, who is representing himself, cannot claim copyright protection for the phrases 'haters gone hate' and 'players gone play,'" a legal expert tells Perez Hilton. 'The Copyright Act does not protect short phrases, and these phrases are not original to him."

NED EHRBAR/FOR METRO

MUSIC

Artists arrange their releases around Adele

How do you know when your new album is a big deal?

When other super-famous artists are arranging their release schedules around you, that's when. And that's apparently what's been happening around the Nov. 20 release of Adele's latest, 25, at least according to one music biz insider.

"The major labels have realized it's essential they get out any big releases before then because from Nov. 20 it's likely to be about one woman only," an anonymous source tells MSN.

"That's why Justin Bieber, Kylie Minogue and One Direction are going head-to-head the week before. Usually the record companies would want a No. 1 album with artists that big, but in this case they simply want to get the album out there before Adele."

She's just trying to say hello, guys.

NED EHRBAR/ FOR METRO

WHAT I'M WATCHING THE AFFAIR, SEASON 1, EPISODE 9 (TMN)

This is a startling moment, because we haven't seen this Alison before

Johanna Schneller
For Metro Canada

Alison reveals a not-so-sweet side of herself in episode 9 of The Affair. HANDOUT

The shampoo

Alison (Ruth Wilson) and Noah (Dominic West) — who spent the past eight episodes falling in love, even though they're both married to other people — have just had sex in his marital bed in Park Slope, Brooklyn. (His wife Helen and their four kids are away.)

Alison takes a shower. She reaches for a bottle of pricey-looking shampoo, looks on the bottom for a price tag, and gives a low whistle. (Helen grew up wealthy, and has expensive taste. Alison is a small-town waitress.) She pours some shampoo into her hand to wash her hair. A mischievous look crosses her face. She squeezes half the bottle down the drain.

Now, this is a startling moment, because we haven't seen this Alison before. Each episode is divided in two — half tells the story from her point of view, the other half tells Noah's. In Alison's version of herself, she's sweet and simple; in Noah's, she's mysterious and demanding. But the shampoo incident occurs in Alison's half. It's a rare admission of her nasty side, and it made me reassess what I think of her. I've since seen episode 10 (the finale of Season 1), and four episodes of season two, but I went back to look at Shampoo Alison again because it's such a provocative detail. That quality has yet to reappear in her character, but I hope it does, because it threw me for such a loop. I'm still trying to figure it — and therefore her — out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

TV BRIEFS

Serial podcast launching Season 2 on Pandora

The top-rated and popular podcast Serial will launch its second season on Pandora after debuting on iTunes last year.

Pandora announced Monday that it has become the exclusive streaming partner for the award-winning podcast as well as This American Life, of which Serial is a spinoff.

The first season, which included 12 episodes, told the story of Adnan Syed, a Baltimore high school student who was found guilty in 2000 of murdering his ex-girlfriend Hae Min Lee. THE ASSOCIATED PRESS

New subscribers-only Star Trek series to debut

Star Trek is going boldly where it hasn't gone before with a brand-new edition of the sci-fi TV empire.

CBS Television Studios said Monday the "totally new" series will arrive in January 2017. But it will be available exclusively on CBS All Access, CBS' subscription streaming video service. THE ASSOCIATED PRESS

CRIME AND PUNISHMENT

Bieber finishes his sentence in egg case

Justin Bieber's cleanup work at a homeless shelter has paid off, with a judge agreeing Monday to take him off formal probation in a vandalism case filed after he damaged a neighbour's home with eggs.

Bieber's attorney presented proof Monday that the pop singer had completed 40 hours of community labour, the final term of his sentence in misdemeanour case.

A program manager at a homeless shelter where Bieber completed many of the hours praised Bieber for being willing to get "his hands dirty" by performing maintenance and janitorial work, according to a probation report filed Monday.

Bieber was required to perform community labour, repay around $80,000 in damage to his neighbour's house and undergo anger management counselling as part of his sentence. His progress completing work at the homeless shelter was slowed by an ankle injury, but Bieber has received favourable reports from probation officials throughout the case.

Justin Bieber GETTY IMAGES

Bieber was sued earlier this year by Jeff and Suzanne Schwartz, his former neighbours whose home he damaged in January 2014.

Jeff Schwartz's suit also accuses Bieber of terrorizing his family with loud driving, unsafe driving and claims the singer spit in his face during one incident.

Bieber, 21, has since moved out of the gated community. He did not attend Monday's hearing. THE ASSOCIATED PRESS

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Employers have a duty to pay adequate severance and treat employees fairly at all times leading up to termination. If the employer fails to do this then they are liable for increased damages in addition to severance pay.

Employment relationships are not a one-way street; poor conduct is poor conduct, regardless of whether it is the conduct of the employee or employer. This was recently confirmed by an Ontario court in the decision of Gordon v. Altus Group Limited, where the employee was awarded $100,000 in addition to severance pay as a result of the employer's "terrible" conduct at the time of termination.

Specifically, the court found that the employer only alleged cause so that they could save money by dismissing the employee without paying severance. The employer argued that they terminated the employee due to poor workplace behavior, being involved in a conflict of interest and hiring an individual who had been criminally charged. The court found there was "no basis" for the employer's allegations and that the employer "got mean and cheap" in trying to dismiss the employee. As a result of the employer's "outrageous" conduct, the employee was awarded $100,000 in punitive damages.

This is a landmark decision for all workers in Ontario as it confirms that an employer must treat all individuals fairly when they decide to terminate their employment. The following includes situations where a court will penalize an employer and award additional damages when an employee is terminated:

POST TERMINATION CONDUCT

Employers cannot raise new allegations against an employee after they were terminated. For example, if an employer initially tells an individual they were terminated for business reasons, they are not able to then state that the employee was terminated for performance issues in order to save money. If they do this, the employee is entitled to increased damages.

FALSE ALLEGATIONS

Employers cannot rely on false or unfounded allegations of misconduct as a way to avoid paying severance. If an employee has been terminated for serious misconduct (theft, dishonesty, etc.) and the employer does not complete a full and fair investigation, they are entitled to increased compensation in addition to severance pay. An employer cannot fabricate or fail to fully investigate a situation where serious misconduct is alleged – if they do, that employee is entitled to more.

SETTING UP AN EMPLOYEE TO FAIL

Employers cannot conjure up a cause for firing an employee in order to save money. For example, an employer who purposely provides an employee with poor performance reviews as a way to terminate them for cause is liable for damages over and above the severance they already owe. An employer must have a solid foundation upon which to terminate an employee without severance. This is extremely difficult for an employer to do. If you are terminated with little or no severance and not provided a satisfactory reason why, then you are eligible for additional damages.

WITHOLDING MONEY

Employers cannot withhold money that is owed in order to pressure an employee to accept a poor severance package. If an employer withholds vacation pay, overtime pay, a record of employment, bonuses earned or any other amounts owing as a way to force an individual to accept settlement, they are liable for increased damages. It is always illegal for an employer to use their unequal bargaining position in the employment relationship to force an employee to accept little or no severance.

In any situation where an employee is dismissed, the first step is always to determine what you are owed. Anyone can do this by visiting the Severance Pay Calculator (www.SeverancePayCalculator.com), a fast, free and completely anonymous way to ensure you have been provided with the correct amount of severance. If the severance provided is inadequate or an employee feels that have been treated unfairly, I strongly encourage them to call me right away and have the situation surrounding their termination fully reviewed.

Lior Samfiru is an employment lawyer and senior partner at Samfiru Tumarkin LLP. He is the host of the *'Employment Hour'* heard Wednesdays, Saturdays and Sundays on Talk Radio AM640.

Calculate the severance you are owed at www.severancepaycalculator.com

More viewers tuned into Sunday Night Football (average of 23 million) than Game 5 of the World Series (17.2 million)

Shapiro faces music of AA's exit

BLUE JAYS

New president says Gibbons will return to manage team

Mark Shapiro stepped into the media firing line on his first day on the job as president and chief executive officer of the Toronto Blue Jays.

Peppered with repeated questions about the departure of Alex Anthopoulos, the longtime baseball executive didn't shine any light on why the former general manager decided to move on.

"Not the transition that I originally expected," Shapiro said. "Not the opening press conference that I had envisioned."

It was a somewhat awkward 45-minute introductory session Monday at Rogers Centre, but the polished and engaging Shapiro was up to the task. He took care of a few business items at the start, announcing that assistant GM Tony LaCava would replace Anthopoulos on an interim basis and confirming that manager John Gibbons will return next year.

Shapiro called it an "incredibly exciting time" to be joining the Blue Jays and he expressed a desire to honour the passion that the now-retired Paul Beeston provided as team president. But the main talking point was Anthopoulos's surprise decision to turn down a new contract after building a team that came two wins away from reaching the World Series.

"A lot has been written the past week obviously, most of it speculation, second-hand, a lot of it untrue," Shapiro said. "All that Alex communicated was honest and forthright."

Anthopoulos turned down a five-year extension last week amid reports of a difference in vision with the new president. The 38-year-old Montreal native would only say he didn't feel like it would be the right fit, adding it was his choice to leave.

Mark Shapiro had worked for the Cleveland Indians since 1992 and spent the last five seasons as their team president.
BERNARD WEIL/TORSTAR NEWS SERVICE

> **We made every effort afterwards to try to do everything we could to convince Alex to come back.**
> Mark Shapiro

Shapiro said he was disappointed and surprised that Anthopoulos turned down the team's offer.

"It was my sincere hope that I would have the chance to learn from him, to partner with him and to work with him," he said. "Yet he's obviously earned the right to make the decision he made and I respect that decision.

"With that respect and the finality of that decision, it's time to move forward."

Anthopoulos was a popular figure in Toronto, particularly after he acquired stars Troy Tulowitzki and David Price at the trade deadline. The deals helped the Jays reach the playoffs for the first time in 22 years. His decision to leave the team at the height of its resurgence was deeply unpopular with Blue Jay fans.

Shapiro needs to be brought up to speed on the many facets of the Blue Jays' organization, but did say he expects there will be plenty of resources to field a championship-calibre team next season. He is also open to contract lengths of over five years depending on the situation.

THE CANADIAN PRESS

WHO ARE YOU?

Tony LaCava, interim GM
Age: 54
Hometown: Pittsburgh
Playing career: Signed with the Pittsburgh Pirates as an undrafted free agent, but never made it out of the low minors.

Tony LaCava
GETTY IMAGES

Executive career: Hired as a scout by the California Angels in 1989, where he worked for 10 years before joining the Atlanta Braves as the national scouting supervisor; joined the Montreal Expos that same year and ran the farm system; hired by the Cleveland Indians in 2002 as the national cross-checker; joined the Jays in October 2002 as assistant to the general manager, promoted to assistant general manager in 2007.

TORSTAR NEWS SERVICE

World Series MVP Salvador Perez douses manager Ned Yost as part of the championship-winning festivities.
AL BELLO/GETTY IMAGES

WORLD SERIES

Kings of comebacks crowned champs

The jersey that Eric Hosmer wore in the decisive game of the World Series is headed to the Hall of Fame. So is the glove Salvador Perez used, the spikes Lorenzo Cain laced up and the bat that third baseman Mike Moustakas took to the plate.

Maybe they ought to ask for the goal posts from the University of Kansas.

Those were torn down inside Memorial Stadium in the wee hours Monday morning, shortly after the Royals beat the New York Mets to win their first championship in three decades. Thousands of fans shot off fireworks, stormed sporting goods retailers to buy the latest apparel, and spent the night partying as if it was New Year's Eve in downtown Kansas City.

"Our fan base and our team share a real special bond," Hosmer said. "That's grown throughout the whole entire world, I think, as the fans have watched us compete throughout this post-season."

The Royals won 95 games during the regular season and earned home-field advantage throughout the playoffs. But they never seemed to be the favourites — not against the plucky Astros, the powerful Blue Jays or against the hard-throwing Mets' starting rotation.

7

All told, K.C. trailed by at least two runs in seven of its 11 playoff wins.

They trailed in all five games against the Mets, winning three times when they were down in the eighth inning or later — something no team had ever accomplished. In the decider, the Royals became the first team since the 1939 Yankees to trail by two runs in the ninth inning or later of a potential clinching game and somehow rally to victory. They walked off with a 7-2 win after 12 innings.

THE ASSOCIATED PRESS

NHL

McDavid named rookie of month

Connor McDavid is the NHL's rookie of the month after putting up five goals and seven assists in his first 12 games for the Edmonton Oilers.

McDavid stood out in a strong class of rookies, which includes Max Domi of the Arizona Coyotes (11 points in 11 games), Artem Panarin of the Chicago Blackhawks (10 points in 11 games) and Nikolaj Ehlers of the Winnipeg Jets (eight points in 11 games).

Dallas Stars captain Jamie Benn, who leads the league in scoring with 17 points, was named the first star of the month. Montreal Canadiens goaltender Carey Price, who went 7-2-0 with a 2.01 goals-against average, .936 save percentage and two shutouts before suffering a lower-body injury, was the second star.

Boston Bruins centre David Krejci earned third-star honours with 15 points in 10 games.

THE CANADIAN PRESS

Sublime during Reim time

MAPLE LEAFS

Backup goalie's 43 saves supported by Lupul's 2 goals

When a lead evaporated in 58 seconds and a goal was taken off the board on a coach's challenge, it looked like it just wasn't the Toronto Maple Leafs' night. Again.

Then Joffrey Lupul scored twice, James Reimer found his groove as the Leafs picked up their first home victory of the season by beating the Dallas Stars 4-1 on Monday night at Air Canada Centre.

Lupul scoring goals 198 and 199 of his NHL career helped overcome a soft goal Reimer allowed early and what looked like a snowball effect of bad breaks. But this was an overall effort better than the ones coach Mike Babcock's team had shown in recent weeks.

Despite being outshot 44-26 by the Stars (9-3-0), the Leafs carried the play at times and took advantage of chances. The push-back that was non-existent in a blowout loss to the Pittsburgh Penguins on Saturday was there.

On top of that, Reimer, starting in place of banged-up Jonathan Bernier, atoned for giving up a bad goal by making 43 saves to snap the Stars' winning streak at three.

Against a Dallas team on a roll starting its four-game road trip, Toronto (2-7-2) kept leading scorers Jamie Benn and Tyler Seguin from inflicting too much damage. Seguin fed Benn for the first, but the duo was quiet after that.

Brad Boyes beat Antti Niemi (four goals on 26 shots) in the first period to pick up his first with the Leafs. It was only the second time the Leafs scored first this season, and the goal horn operator seemed so surprised that it didn't sound until well after the celebration had begun.

Morgan Rielly capped the scoring 12.6 seconds left while on the power play.

It was the Leafs' first win since Oct. 16.

Reimer frustrated the Stars, especially early in the third period when he denied Patrick Sharp from in close and forced Valeri Nichushkin wide on a penalty shot.

Nazem Kadri assisted on Lupul's second goal and has now registered at least a point in each of his six games against Dallas. THE CANADIAN PRESS

Maple Leafs defenceman Roman Polak clears the Stars' Antoine Roussel from in front of goaltender James Remier on Monday night at Air Canada Centre. FRANK GUNN/THE CANADIAN PRESS

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CFL

Ray given keys to Argos offence again

Despite a losing effort in his first start in almost a year, Ricky Ray has been named the starting quarterback for the Toronto Argonauts' regular-season finale against Winnipeg on Friday.

The 13-year veteran completed 26 of 38 passes for a 68.4 completion rate — which is about his career average — and 227 yards in a 27-25 loss to the B.C. Lions last Friday. He threw one touchdown pass and one interception.

"He played well," Argos head coach Scott Milanovich said. "He missed a couple of reads, maybe three max."

Ray's numbers were mostly put up in the first half when the Argos took a 13-12 lead. In the second half, Ray went just 8-for-16 and a paltry 45 yards.

That doesn't mean that the Argos will live or die with Ray through the playoffs, the coach said. Trevor Harris could be inserted at any time.

The 36-year-old Ray said he did some good things against the Lions.

"Overall, I was pleased with how I saw things," the three-time Grey Cup champion said. "But there were some reads I missed that could have kept some drives going. And there were a couple of passes I was inaccurate with and I had one missed exchange, where I had to jump on it."

The Argos, who will finish third in the East, will travel to Ottawa or Hamilton for the division semifinal Nov. 15.

TORSTAR NEWS SERVICE

Ricky Ray THE CANADIAN PRESS

> **You've got to go with the best guy to give you a chance to win.**
> Scott Milanovich

IN BRIEF

Knee injury ends Steelers running back's season

Steelers All-Pro running back Le'Veon Bell is done for the season after Pittsburgh placed him on injured reserve Monday.

Bell hurt his right knee in a 16-10 loss against Cincinnati on Sunday.

In six games this season Bell rushed for 556 yards on 113 carries with three touchdowns. He had 24 receptions for 136 yards.

Veteran DeAngelo Williams will become the starter. THE ASSOCIATED PRESS

Bills expect QB Taylor to return to action this week

Buffalo Bills coach Rex Ryan expects quarterback Tyrod Taylor to start against the Miami Dolphins on Sunday after missing two games with a sprained left knee.

Ryan provided the update on Monday, after the team returned to practice following its bye week.

Taylor has been out since spraining his left knee in a 14-13 win at Tennessee on Oct. 11. Backup EJ Manuel has struggled filling in, and committed three turnovers, two of which were returned for touchdowns against Jacksonville. THE ASSOCIATED PRESS

SOCCER

Under-fire Mourinho given 1-game misconduct ban

Already enduring the worst run of results in his Chelsea career, Jose Mourinho will be banned from the stadium for Saturday's match at Stoke after being punished by the English Football Association.

Jose Mourinho THE ASSOCIATED PRESS

Mourinho admitted to a charge of misconduct toward the referee during a loss to West Ham last month and he has already been fined 40,000 pounds ($61,700) by the FA.

Mourinho was sent to the stands by the referee against West Ham on Oct. 24, and the FA said the Portuguese coach "admitted an FA charge of misconduct regarding his behaviour towards the match officials."

Defending champions Chelsea are currently 15th place in the Premier League. THE ASSOCIATED PRESS

'J.V.' playing some fantastic D

NBA

Raptors centre improving on several fronts as he matures

In the seconds before the questions were thrown his way Monday, Jonas Valanciunas greeted the media with a Borat impersonation that was spot-on enough to stick the movie's theme song in your head the rest of your day.

Valanciunas, 23, shows this very personable side in passing almost daily as he's leaving the Raptors' practice court, or if he's in the locker room before a game. When the camera lights go on and the microphones go to his face, though, he stiffens up somewhat.

The jokes and small talk disappear and the answers get a little more run of the mill, though that can be on the question-askers sometimes as much as it is the player.

In his fourth year with the Raptors, Valanciunas is in position to start to really show who he is on the court. Three games into a new season, the earliest of returns are showing that he's doing that. He is averaging 15.3 points and 11 rebounds, which are up from his career numbers of 11 and eight, respectively, and he's helped anchor the Raptors' frontcourt.

"I'm comfortable, and participating in the system," Valanciunas said of his feel with his front-line partners so far, Luis Scola and DeMarre Carroll. "Scola is great, he's a smart player. He's covering all the empty space by talking, showing where to go. It's good to have him on the court."

The Raptors' plus-38 differential in rebounds against their opponents so far is a big part of their three wins.

"That's our job," Valanciunas said. "Defence doesn't end with a shot. You've got to end it with a rebound. To do your full job you've got to get a rebound and that's what we do."

With Valanciunas signing a four-year, $64-million deal in August, the time is finally right for the Lithuanian centre to try to take on a bigger role with coach Dwane Casey's team.

Raptors' centre Jonas Valanciunas shoots over Milwaukee Bucks' Miles Plumlee on Sunday. FRANK GUNN/THE CANADIAN PRESS

Casey has carefully worked Valanciunas to this point. He's happy with his first few steps this season, but still sees room for him to grow. "Just getting used to the NBA game experience. He's still learning and making mistakes," Casey said. "He's learning from them though.

"He's much better reading the speed of the game, seeing when he has a shot, when the pass-out is there but most of all defensively he's had some of the best defensive hands this year that he's had since I've been here.

"He's getting his hands involved, he's flexing, challenging shots being big and using his size on the defensive end. He and (Bismack Biyombo) have both done a good job on the defensive boards."

> **"Defence doesn't end with a shot. You've got to end it with a rebound. To do your full job you've got to get a rebound and that's what we do."**
> Jonas Valanciunas

The blessings that got Valanciunas to the NBA — his seven-foot, 250-pound frame — are the same ones that make it easy to forget that he's still not a veteran and still has his career in front of him.

"I've always said that about J.V.," Casey said. "The only thing that's held J.V. back is his maturity, experience, growing up. The only thing he has to do is keep living, keep working and he's going to be a good player."

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RECIPE One-Pot Sweet Potato and Arugula Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Need a quick, hearty pasta dinner but not up for the mess afterwards? Meet your new best friend.

Ready in
Prep time: 15 minutes
Serves 4

Ingredients
- 500 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes
- 4 garlic cloves, thinly sliced
- 1 shallot, cut into thinly sliced
- 1 sprig of rosemary
- 3 Tbsps of olive oil, plus 1 for garnish
- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- Salt and pepper to taste

Directions
1. Combine penne, arugula, sweet potato, garlic, shallot, rosemary, 2 Tbsp oil, salt and water in a stock pot. Bring to boil over high heat. Cook, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, about 10 minutes.
2. Remove pot from heat and take out the rosemary stem. Stir in the last tablespoon of oil, cheese and season with salt and pepper to taste. Serve with another sprinkle of cheese.

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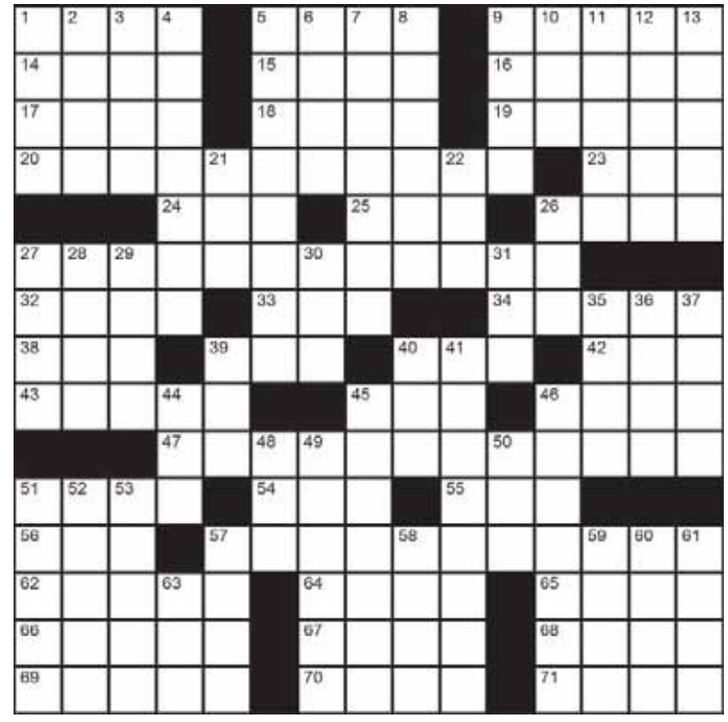
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Serving of mushy food
5. Legis. meeting
9. Moon-related
14. Bear of cartoons
15. __ Wyck (1941 book by Victoria artist Emily Carr)
16. Purpose
17. Daybreak, in verse
18. Twelvemonth
19. Ancient water nymph
20. Modern way to potentially meet a mate: 2 wds.
23. Lucky number, ancient Rome style
24. "__, _ don't." (Retort to "Yes, you do.")
25. Figure skater Ms. Babilonia
26. __ off (Repel)
27. Thrift store with locations in Canada: 2 wds.
32. "What's __ for me?": 2 wds.
33. Earlier than now
34. Empire of Mexico
38. Goose, in Gaspe
39. McSteamy and McDreamy, e.g.
40. Mata Hari, for one
42. Mr. Holbrook
43. "Party Rock Anthem" duo
45. Me: French
46. Unadorned
47. Recently released Drake single: 2 wds.
51. Shrub
54. Come in first
55. Dove's murmur
56. And so forth, for short
57. Canadian director of Adele's "Hello" music video: 2 wds.
62. Broadcaster
64. Nylons hue
65. Currency in Chile
66. Going-under-water gear
67. Droops
68. At all?
69. Certain cat
70. Hot to __
71. "Oh, give me a home where the Buffalo __..."

DOWN
1. Rep-doing facilities
2. Ribbon's bow part
3. Monster
4. Pesto's one-of-some ingredient: 2 wds.
5. Parachutist
6. Zeno of __ (Ancient Greek philosopher)
7. City in a Tom Hanks/Meg Ryan romantic comedy
8. Soap Opera, for one
9. Breather's need
10. Steve Miller Band song: "Living in the _-_-_"
11. Gullible
12. "Encore!"
13. Made over
21. Deer's mom
22. Ms. Peeples
26. "That '70s Show" character played by Wilmer Valderrama
27. Played-with-a-bow instrument
28. Cartooning, curtly
29. Poet's 'willingly'
30. U.S. tax bureau
31. Marcia __ Harden
35. Spicy cuisine
36. Garner
37. Horsefly
39. Ski-__
40. "__ of the Mask" (2005)
41. Dessert component that needs to be filled: 2 wds.
44. Ohh's kin
45. Small vehicle
46. Television actor's mistake
48. Ex-airline
49. Most happening-right-now television broadcast, say
50. Physique, for short
51. Creature
52. Mohawk Valley city in New York
53. Pre-surgery cleanse
57. Skeleton snapshot
58. Consequently
59. Prefix that means 'To the left'
60. Aboard the ship
61. Benchmark
63. __ tide

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have pushed yourself hard and may need to slow down a bit. Today's Venus-Mars union encourages you to spend less time at work and more time with the people you love — and one very special person in particular.

Taurus April 21 - May 21
You think you can take on the world and win. Confidence is a wonderful thing, and with your ruler Venus on good terms with dynamic Mars today nothing is beyond you. Go for it!

Gemini May 22 - June 21
Keep lines of communication open. You don't have to pretend that you like certain people but you do have to work with them and that means you have to talk to them too.

Cancer June 22 - July 23
It will be easy to get your message across today. The people you deal with seem much more receptive. The only danger is that once you start talking you may not be able to stop!

Leo July 24 - Aug. 23
Be practical where money is concerned. Cosmic activity in the financial area of your chart warns you could give too much away. Cut back on your spending a bit and on your generosity a lot.

Virgo Aug. 24 - Sept. 23
The union of Venus and Mars in your sign means you will be a lot more assertive but also that you will be able to charm other people to give you whatever it is you desire.

Libra Sept. 24 - Oct. 23
Assess your life in depth. Some conclusions you reach will surprise you. You may see yourself as a thinking person but it is your emotions you should pay more attention to now.

Scorpio Oct. 24 - Nov. 22
You may have to give up on something that is never going to work but there is no need to feel bad about it. New opportunities will present themselves over the next few weeks.

Sagittarius Nov. 23 - Dec. 21
You will no longer be content to play a minor or supporting role at work. The fact is you have more talent in your little finger than many of your colleagues have in their whole bodies, so make sure you get noticed.

Capricorn Dec. 22 - Jan. 20
You will find it easier to understand why certain people think and act the way they do. It takes all sorts to make a world and you have no more right to demand that they be different than they have to demand it of you.

Aquarius Jan. 21 - Feb. 19
There is nothing to fear but fear itself. Of course, it is easier to say that than to believe, but if you face each challenge calmly you may be surprised by how easily you cope.

Pisces Feb. 20 - March 20
You must decide whether or not you are going to commit to a partnership of a personal or professional nature. With Venus and Mars on your side you are sure to make the right call.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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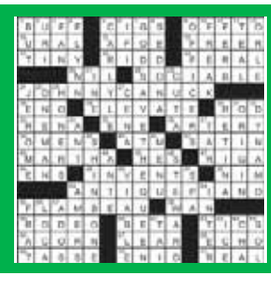

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6	3	2	7	5	1	9	4	8
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Current as of October 22, 2015. Offer ends December 31, 2015. Available to new residential customers in select areas of Ontario where access and technology permit. The Bundle Program may be changed/terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of term; see bell.ca/bundledetails. Subject to change without notice; not combinable with other offers. Taxes extra and restrictions apply. For certain offers, customer must select e-bill and create MyBell profile. Early termination charges may apply. Internet Modem rental required; one-time modem rental fee waived for new customers. Actual speeds will vary depending on the distance between the customer's modem and switching equipment from Bell. Speeds on the Internet may vary with your configuration, Internet traffic, server or other factors; see bell.ca/internet. Home phone available where not CRTC-regulated. Service area charge ($4/mo.) may apply; see bell.ca/serviceareacharge. **(1)** Available with select channels/content, excluding US networks and non-local content, and subject to viewing limitations. **(2)** $10/mo. based on $30 monthly fee, less a $20 monthly credit (included in advertised price, see note 5 for details). Available to Internet customers with continued subscription to an eligible Internet and TV bundle; see bell.ca/bundledetails. Subject to your compliance with the Bell Terms of Service; bell.ca/agreements. **(3)** Applies to traditional copper-based (excluding fibre-based) wireline telephony; compared to cable telephony and based on continued service during extended power outages at customer's home. **(4)** Available to customers who continuously subscribe to three select services. Applies to direct-dialed outbound calls to Canada and the U.S. (including Alaska and Hawaii, but excluding other U.S. territories), excluding toll-free calls. Calls to certain conference or adult services or to high-cost areas may be restricted, and subject to other use restrictions in Terms of Service; see bell.ca/legal. **(5)** Available to new customers who continuously subscribe to Bell TV, Internet and Home Phone and to current Home Phone customers who add Fibe TV and Internet. $99.85 promotional monthly price is based on a promotional credit applied to regular price as follows: Bell TV Good package: $45.95/mo., plus $3 Digital Service Fee, less $22/mo. credit for 12 full billing periods, less $7/mo. bundle discount; and Fibe 25: $65.95/mo., plus $10/mo. for unlimited Internet usage, less $39/mo. credit for 12 full billing periods; and Home phone Choice with unlimited Long distance calling to Canada and US: $51.95/mo., less $9/mo. ongoing discount. All prices are subject to change. Promotional price will apply to your first full 30-day billing period and for each full billing period after that, for the duration of your promotion. Your billing period may not start on the day you subscribe to our services. Regular price will apply for services delivered prior to your first full 30-day billing period or if Bell terminates your services during a 30-day billing period. **(6)** $0 rental based on $15 monthly rental fee, less a $15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. **(7)** Fibe TV installation charges are $199.95 with no contract term. Includes installation of modem, Whole Home PVR and up to 2 additional HD receivers; see bell.ca/fibetvinstall for details. $50 installation fee for each additional receiver. Internet: Conditions apply; see bell.ca/fullinstall. Home phone installation includes one jack at the service entry point where none present; installation fee is $75 for the 1st additional jack, $50 for every subsequent jack. Fibe is a trademark of Bell Canada.